

Anita Ayu Rahmawati NIM B2016013 Program Studi Diploma III Keperawatan	ADVISOR : 1. <u>Dewi Kartika Sari,S.Kep.Ns., M.kep</u> 2. <u>Mursudarinah, SKM, M.Kes</u>
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SOAK FEET THERAPY WITH WARM WATER TO DECREASE THE BLOOD PRESSURE OF ELDERLY PATIENT WITH HYPERTENTION DISEASE IN FILAGE NAWUD TEGALMADE MOJOLABAN SUKOHARJO

ABSTRACT

Background :Hypertension is heart disease and blood pressure that is a condition of blood pressure which increases chronically. The non-pharmacological treatment can be done with a healthier lifestyle and soak feet using warm water at any time.

Aim : This study aims to describe the blood pressure of patients given the feet soak therapy with warm water in elderly patients with hypertension disease.

Method : This research used the descriptive method which systematically, accurately, facts and characteristics about population. **Result**:The results of the research are on the first day Mrs B was having Mild Hypertension (Stage 1) and became Normal High two days later on the third day after doing warm water foot soak. On the other hand, Mr J had a Mild Hypertension (Stage 1) on the first day then became Mild Hypertension (Stage 1) on the third day after doing warm water foot soak. **Conclusion** :Soak feet therapy with warm water is proven to decrease the blood pressure of elderly people with hypertension disease.

Keyword :*Soak feet therapy with warm water, blood pressure, elderly, hypertension.*